



WHAT IS KRIYA YOGA

Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness and to change our lives. Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.



PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)
filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi, the highest goal of a realized yogi. A disciple of Swami Shriyuktेश्वarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA
(photo on the left)
his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

LINEAGE OF MASTERS



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Irvine, California July 28-30th, 2023



with **Yogacharya Richard Peterson**
& **Yogacharya Lucy O'Brien**

PUBLIC LECTURE: Friday, July 28th

7 – 8:30 pm Kriya Yoga: Pathway to Inner Transformation

Saturday July 29th

8:30 am – 9am Registration for Initiation
9 am - 12 pm Initiation Ceremony
12 pm – 2 pm Break for Lunch
2 pm – 4 pm Teaching of Techniques
4 pm – 5 pm Guided Meditation

Sunday July 30th

8:30 am - 9:30 am Meditation
9:45 am- 10:45 am Technique Review
11 am – 12pm Meditation
12 pm – 1:30 pm Break for Lunch
1:30pm – 3pm Benefits, Q & A
3 pm – 4pm Meditation & Close

Location

SoulPhysio Wellness, 17805 Sky Park Circle, Suite F, Irvine, CA92614

Contact

Mukunda N. Singh at (949) 257-7622 or irvine-ca@kriya.org
to register for initiation or other inquiries

Saturday and Sunday activities are for new and current initiates
in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.